



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-15-2011)

Visit us at www.fns.usda.gov/fdd

110189 – TOMATO PASTE, NO SALT ADDED, POUCH

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A tomato paste, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture.
PACK/YIELD	<ul style="list-style-type: none">Six 111 oz pouches per case.One AP yields about 111 oz (12 cups) tomato paste and provides about 192.0 1-Tbsp servings tomato paste.CN Crediting: One Tbsp tomato paste provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned tomato paste in a cool, dry place. Never store pouches in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of tomato paste covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">To reconstitute for use as tomato puree or sauce, mix one pouch of tomato paste with one #10 can of water. To reconstitute for tomato juice, mix one pouch of tomato paste with three #10 cans of water.

Nutrition Information

Tomato paste, without salt added

	1 Tbsp (16 g)	½ Cup (131 g)
Calories	13	107
Protein	0.69 g	5.66 g
Carbohydrate	3.03 g	24.77 g
Dietary Fiber	0.7 g	5.4 g
Sugars	1.95 g	15.96 g
Total Fat	0.08 g	0.62 g
Saturated Fat	0.016 g	0.13 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.48 mg	3.90 mg
Calcium	6 mg	47 mg
Sodium	9 mg	77 mg
Magnesium	7 mg	55 mg
Potassium	162 mg	1328 mg
Vitamin A	244 IU	1998 IU
Vitamin A	12 RAE	100 RAE
Vitamin C	3.5 mg	28.7 mg
Vitamin E	0.69 mg	5.63 mg



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USES AND TIPS	<ul style="list-style-type: none">• Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from pouches that are leaking or bulging.• DON'T TASTE pouches with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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